University of Oslo

PSY2101 Health Psychology – home exam, autumn 2025 (72 hours)

Low back pain is among the most disabling health conditions worldwide (Vos et al., 2012). When low back pain lasts for most days for a period of over 12 weeks, it is classified as chronic low back pain (Airaksinen et al., 2006). Several biological, social and psychological factors can increase the risk of developing chronic low back pain (Nieminen et al., 2021).

Pharmacological treatments, such as nonsteroidal anti-inflammatory drugs (van Tulder et al., 2000), are commonly used to manage chronic low back pain. However, the use of nonsteroidal anti-inflammatory drugs have been linked to undesirable cardiovascular side effects (McGettigan & Henry, 2006), underscoring the need for alternative management strategies. One well- researched alternative to the pharmacological management of chronic low back pain is psychological treatment (Ho et al., 2022).

Given the often debilitating consequences of chronic low back pain (Dutmer et al., 2019; Mathew et al., 2013), it is crucial that research on the management of this condition is trustworthy (O'Connell et al., 2025). Implementing open science practices, such as preregistration and open materials (among others), can enhance the trustworthiness of health and pain research (Lee et al., 2018; Munafò et al., 2017). For your home exam, you must do the following:

1a) Define chronic low back pain 1b) Explain the biological, social and psychological factors that can increase the risk of chronic low back pain

2) Describe the consequences of chronic low back pain

3a) Discuss one psychological (i.e., non-pharmacological) intervention study reported in a primary research article that has been designed for the management of chronic lower back pain. Do not report the results of a meta- analysis or review article that summarises one kind of psychological intervention

3b) Reflect on open science practices in relation to the psychological intervention you discussed in section 3a. First, identify whether open science practices were implemented in this study. Then, explain how open science practices either contributed to or could have enhanced the trustworthiness of the study's results.

Formatting

• The document you deliver must be at least 2,000 words and a maximum of 2,500 words (equivalent to approximately 6 pages). The reference list does not count towards the word limit.

• Answer these questions one by one, do not write your response as a single essay.

• As an approximate guide, spend about 40% of your response on question 1 (800-1000 words), 35% on question 2 (700-875 words), and 25% on question 3 (500-625 words).

• Use 1.5 line spacing, 2.5 cm margins and font size 12.

• It is not necessary to include an abstract or cover page.

• There should be one reference list for all questions at the end of your document. References in the text and the reference list must follow the APA format (7th edition of APA).

• You can write in Norwegian, English, Swedish or Danish.

References

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Oppgaveteksten er gjengitt ordrett fra Universitetet i Oslos dokument for høsten 2025, der oppgaven står sammen med sensorveiledningen; sensorveiledningen er utelatt. Overskriftene «Formatting» og «References» er satt inn av oss. Oppsettet er vårt.